

How can I help my child try new foods?

Your child needs **YOU** to learn healthy habits. You are the most important role model they have.

- ★ Children like foods less when they are forced to eat them.
- ★ Calm mealtimes help children focus on food and eating:
 - Turn off TVs, and turn down music.
 - Use dishes and utensils that are the right size for your child.
 - Talk to kids about food, how you prepared it, and how it will help them grow strong and healthy.

Choose one to start the conversation:

- 1 How do mealtimes usually “feel” in your house? Calm and relaxed? Stressful and hectic?**
- 2 As a mom, I know it can be hard to get kids interested in healthy foods. I wonder if you have any good ideas that I might be able to pass along to other families?**
- 3 Here’s a list of ways that other parents have found to make mealtimes work better for them. Do any of these sound like they might help you?**



Give them exclusive information. Offer a list of ideas — and circle one or two that seem the most “do-able” for their family.